



# **Jewelry & Gems for Self-Discovery: Choosing Gemstones that Delight the Eye & Strengthen the Soul**

*Shakti Carola Navran*

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Have you ever fallen in love with a ring or necklace? Perhaps there's a reason! Gems and crystals have metaphysical and healing qualities that can support you physically, emotionally, and spiritually. This innovative guide will help you choose a piece of jewelry ideal for your unique life path.

Diamonds enhance your creativity. Rubies teach us about love. Opals fuel intuition and offer healing. Which stones are right for you? Shakti Carola Navran offers a thorough introduction to astrology to help you identify the challenges and spiritual needs evident in your birth chart. A detailed list of sixty-four gems and crystals?with full-color photos of polished stones and finished jewelry?makes it easy to find the minerals that can balance these conflicting energies. You'll learn how to "program" your stone with joy, peace of mind, self-confidence, or any other quality. There's also helpful information for choosing the form (ring, earrings, or necklace), selecting the metal setting, and incorporating symbols into your unique piece of jewelry.

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